

Adult-Teen Classes

AQUATIC BODYBUILDING: HYDRO-TONE

Hydro-Tone is a unique and intense Body Building workout course using variable resistance of water to movement through it. Hydro-Tone Bells and Boots are designed to fit any individual who is looking for greater muscle stimulation. Rental equipment is available, also equipment is available for purchase from instructor.

City Gym Pool Lowry, Dawnnette
4314.301 14yrs to Adult 6/25-9/03 6:45am-7:55am F \$97

AQUATIC EXERCISE: AQUA AEROBICS

Total body fitness class for all levels. Maximum workout with little to no impact on joints but more effective than land workouts. Comfortably heated 81degree outdoor pool. Get outside and get fit! Classes held at HB High School Outdoor Pool.

Huntington High Pointer, Kelly
4309.301 12yrs to Adult 6/22-9/07 6:30pm-7:30pm Tu \$89
4309.302 12yrs to Adult 6/24-9/09 6:30pm-7:30pm Th \$89
4309.303 12yrs to Adult 6/22-9/09 6:30pm-7:30pm Tu Th \$168

AQUATIC EXERCISE: AQUA-EVENING AEROBICS

This fun and very challenging water workout class will take you to a new limit of resistance using Hydro-Tone's Water Weights. Move from shallow to deep water utilizing and concentrating on the weaker muscle groups of your body. No prerequisite for swimming ability. No equipment necessary.

City Gym Pool Lowry, Dawnnette
4311.301 14yrs to Adult 6/25-9/03 5:30pm-6:30pm F \$77

AQUATIC EXERCISE: AQUA-TONE AEROBICS

This unique class improves body tone, flexibility, cardiovascular strength and physical fitness through exercises utilizing all muscle groups. This high-energy workout is twice as effective in the water as it would be on land. No prerequisite for swimming ability. No class Monday July 5.

City Gym Pool Lowry, Dawnnette
4312.301 14yrs to Adult 6/21-9/01 7:00am-7:55am M W \$148
4312.302 14yrs to Adult 6/22-9/02 7:00am-7:55am Tu Th \$148
4312.303 14yrs to Adult 6/21-8/30 7:00am-7:55am M \$77
4312.304 14yrs to Adult 6/23-9/01 7:00am-7:55am W \$77
4312.305 14yrs to Adult 6/26-8/28 7:00am-7:55am Sa \$71

AQUATIC EXERCISE: AQUACISE

Come challenge yourself in this extreme water workout. Designed to improve body tone, flexibility, cardiovascular strength and physical fitness through exercise performed in both shallow and deep water. All fitness levels will benefit. No prerequisite for swimming ability. No class Monday, July 5.

City Gym Pool Zschach, Alicia
4310.301 12yrs to Adult 6/21-8/30 5:30pm-6:30pm M \$79
4310.302 12yrs to Adult 6/23-9/01 5:30pm-6:30pm W \$86
4310.303 12yrs to Adult 6/21-9/01 5:30pm-6:30pm M W \$165

AQUATIC THERAPY: AQUA ACTIVE

This class is for people with a positive attitude towards health. Designed for people with Arthritis to assist in relieving strain on muscles and joints. Participants are given gentle activities in warm water with the guidance of a trained instructor. No swimming skills needed. No class Monday, July 5.

City Gym Pool Thurn, Debra
4315.301 Adult 6/21-7/23 12:00pm-1:00pm M W F \$98
4315.302 Adult 8/02-9/03 12:00pm-1:00pm M W F \$104
4315.303 Adult 6/22-7/22 12:15pm-1:15pm Tu Th \$71
4315.304 Adult 8/03-9/02 12:15pm-1:15pm Tu Th \$71

ART: CHINESE BRUSH PAINTING FOR BEGINNERS

This is an introduction to the beautiful, ancient Chinese tradition. Learn to paint birds, koi fish, goldfish, flowers and more, using a Chinese brush to express yourself with different brush strokes to make dot, line, texture, shade, and wash. Beginners are welcome. Art supplies not provided.

Rodgers Senior Center Game Room Wong, Diana
4322.301 Adult 7/02-7/30 1:30pm-3:30pm F \$59
4322.302 Adult 8/06-9/03 1:30pm-3:30pm F \$59

ART: DIGITAL PHOTOGRAPHY BEGINNING

This six week course, taught by photographer Kurt Weston (MFA) offers digital photography skills. Students work at their own individual levels. Using the digital camera of their choice, students will explore lighting, color, texture, composition, and other subject matter to achieve a solid grounding in both technical and creative photographic processes.

Art Center Multipurpose Weston, Kurt
4304.301 16yrs to Adult 6/25-7/30 3:30pm-5:30pm F \$85 *
* \$75 HBAC members

ART: DIGITAL PHOTOGRAPHY INTERMEDIATE

This six week course, taught by photographer Kurt Weston (MFA) reinforces and enhances the basic concepts and skills acquired in the Beginning Digital Photography Class. Course emphasis is on the refinement of basic technical skills and the development of a personal direction in photography.

Art Center Multipurpose Weston, Kurt
4305.301 16yrs to Adult 6/25-7/30 1:30pm-3:30pm F \$85 *
* \$75 HBAC members

ART: DRAWING AND PAINTING ON LOCATION

Offered only in the summer, this class for students (ages 13-adult) will meet at various locations in Huntington Beach. No prior art experience is necessary. Class meets on location for 2 hours of drawing and painting. A map is provided at the first class. Materials list.

Art Center Studio Kent, Pati
4455.301 12yrs to Adult 6/22-7/27 6:00pm-8:00pm Tu \$95 *
* \$85 HBAC members

ART: RUBBER STAMPING

Save money while impressing your family and friends with some handmade greeting cards and gifts. Learn creative ways to make gift bags/boxes, stamp on candles and other items. You'll go home with your own hand-created items from each class. \$10 material fee due at first class.

Murdy Community Center Hall C&D Husting, Margaret
4395.300 13yrs to Adult 6/24-9/02 1:00pm-2:00pm Th \$70
Rodgers Senior Center Hall E Husting, Margaret
4396.301 13yrs to Adult 6/23-9/01 9:00am-10:00am W \$70

BEACH TENNIS CLINIC CHALLENGE CLASS

This Beach Tennis Class is designed for the intermediate or advanced player. Students will have some instruction and drills but will enjoy mostly match play. Beach tennis can be seen on the tennis channel. Class is taught north of Beach Bl. on the beach.

Beach North of Beach Bl. Beach Tennis, West Coast
4456.301 Adult 6/29-7/20 5:30pm-7:00pm Tu \$95
4456.302 Adult 7/27-8/17 5:30pm-7:00pm Tu \$95

Adult-Teen Classes

BEACH TENNIS CLINICS

Hottest new sport on the beach! It is fun, stimulating and very easy to learn! This sport is four times easier to learn than tennis or volleyball. You will learn basic fundamentals, fun drills and match play! Very little tennis skills required. All levels are welcome.

On the Beach, North of Beach Bl.		Beach Tennis, West Coast			
4443.301	Adult	7/01-7/22	9:30am-11:00am	Th	\$95
4443.302	Adult	7/29-8/19	9:30am-11:00am	Th	\$95

BEACH VOLLEYBALL: ADULT ACADEMY

This adult program focuses on fundamental skills and strategies of the game. Beginner and intermediate players will be taught by our experienced beach volleyball coaches.

On the Beach, North of Beach Bl.		California, Beach Volleyball			
4438.301	Adult	6/22-8/24	5:45pm-7:15pm	Tu	\$150

BOOK CLUB DINNER

Have dinner and stimulating conversation with others who love good books. Please read "People of the Book" by Geraldine Brooks before the first class meeting. The remaining books will be selected by the class each month. Class meets the second Wednesday of each month. \$5 material fee due at each meeting. Class meets June 9, July 14, August 11 and September 15.

Rodgers Senior Center Hall D		Berg, April			
4317.301	Adult	6/09-9/08	7:00pm-9:00pm	W	\$30

BRIDGE: BEGINNING

American standard bridge will be taught. Five card major. Rules by Goren. Class consists of lecture, discussion and play. This class is for adults who are new to bridge or who wish a review. You do not need a partner. Party bridge is fun! No class July 5-classes will be extended one week.

Rodgers Senior Center Hall E		Spira, Rita			
4318.301	Adult	6/21-8/16	2:00pm-4:00pm	M	\$54

BRIDGE: INTERMEDIATE 1

This class is for those who are more than beginners but less than experts. You will learn new conventions and review old ones. This class is the same in the afternoon and evening. There will be a lecture, discussion and play. No partner needed. Come have fun! No class July 6.

Rodgers Senior Center Hall E		Spira, Rita			
4319.301	Adult	6/22-8/17	2:30pm-4:30pm	Tu	\$54
4319.302	Adult	6/22-8/17	6:30pm-8:30pm	Tu	\$54

BRIDGE: INTERMEDIATE 2

In order to take this class you must have taken Intermediate 1. This is a faster paced class with pre-set hands. Improve your bidding and defensive play. No partner required. Have fun while improving your game. No class July 7.

Rodgers Senior Center Hall E		Spira, Rita			
4320.301	Adult	6/23-8/18	6:30pm-8:30pm	W	\$54

CAKE DECORATING

You'll smile through each lesson as you master the techniques of coloring, borders, stars, roses and much more. Learn the fundamentals of cake decorating in four weekly fun filled classes. Materials are extra. Provide your own materials from a supply list that will be given the first day of class.

Murdy Community Center Hall C

Mejia, Helen

Course I

4321.300	13yrs to Adult	6/22-7/13	6:00pm-8:00pm	Tu	\$50
4321.301	13yrs to Adult	7/27-8/17	6:00pm-8:00pm	Tu	\$50
4321.302	13yrs to Adult	7/06-7/27	10:30am-12:30pm	Tu	\$50
4321.304	13yrs to Adult	8/03-8/24	10:30am-12:30pm	Tu	\$50

Course II

4321.303	13yrs to Adult	7/21-8/11	6:00pm-8:00pm	W	\$50
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Course III

4321.305	13yrs to Adult	8/05-8/26	6:00pm-8:00pm	Th	\$50
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CONTEMPORARY JEWELRY MAKING 1

Basic introduction and guide to making jewelry with genuine semi precious gems such as pearl, jade, aquamarine, tourmaline, peridot, turquoise and coral. You will learn to bead and knot professionally between the beads to make different styles of single/multiple strands. \$30 material fee due at first class.

Murdy Community Center Hall D

Tran, Vinh

4323.300	Adult	6/22-7/13	6:00pm-8:30pm	Tu	\$74
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CONTEMPORARY JEWELRY MAKING 2

Learn to make pendants, earrings, rings, charm bracelets, and necklaces, using wire-wrapping techniques, silk cords and leather. \$30 material fee due at first class. Tools are required (cost approximately \$30 - or less if some already owned in Class 1). Jewelry Making 1 and 2 are separate classes, and you may take one or both. Instruction on how to buy gemstones will be provided.

Murdy Community Center Hall D

Tran, Vinh

4324.300	Adult	8/03-8/24	6:00pm-8:30pm	Tu	\$74
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DANCE: ART OF INDIAN DANCE

Bhangra, Bollywood, and Beyond. Have loads of fun as you learn to dance like the stars of Bollywood movies! Each class covers the basics of different styles of Indian dancing including bhangra, bollywood, garba, dandia and semiclassical dance forms. Sessions get more exciting as you learn specially choreographed dance numbers.

City Gym Room A

Idnani, Sunita

4332.301	12yrs to Adult	7/15-8/19	7:15pm-8:15pm	Th	\$79
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DANCE: BALLET ADULT BEGINNING

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? This class is for you! Join other beginners in learning a new skill while experienced dancers refine the basics. Wear comfortable clothing and bring and exercise mat or towel. First class free.

City Gym Room A

Huntington Academy of Dance

4326.301	13yrs to Adult	7/12-8/09	6:30pm-7:30pm	M	\$48
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16601 Gothard St. #A

Huntington Academy of Dance

4327.301	13yrs to Adult	7/7-8/11	7:30pm-8:30pm	W	\$55
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Register Online!
www.hbsands.org

Adult-Teen Classes

DANCE: BALLROOM

Session 1: Cha Cha (pattern A)

Session 2: Foxtrot and East Coast Swing (pattern A) These dances are danced to classic and contemporary music played at nightclubs, parties, weddings, and cruises. Great for all kinds of gatherings. No partner required. No class July 5.

Hall A Edison Community Center				Fox, Kaylaa	
4328.300	Adult	6/21-7/19	7:00pm-8:00pm	M	\$50
4328.301	Adult	7/26-8/16	7:00pm-8:00pm	M	\$50

DANCE: BELLY DANCING

Come and enjoy the exotic art of belly dancing. Learn the exciting moves of Turkish and Moroccan dance. Great exercise and loads of fun. Belly dancing tones muscles, improves coordination, and builds self-confidence.

Murdy Community Center Hall C&D				Eckart, Maruja	
4329.300	13yrs to Adult	6/21-7/26	7:00pm-8:00pm	M	\$60
4329.301	13yrs to Adult	6/21-7/26	8:00pm-9:00pm	M	\$60

City Gym Room A				Eckart, Maruja	
4330.301	13yrs to Adult	6/22-7/27	7:00pm-8:00pm	Tu	\$60

DANCE: JAZZ FOR ADULTS BEGINNING

Learn basic jazz dance movement in a fun, relaxed environment. A routine will be taught that makes the class fun and exciting.

Rodgers Senior Center Hall D				Roseth, Renee	
4331.301	Adult	6/22-8/31	7:00pm-8:00pm	Tu	\$125

DANCE: LATIN LINE DANCE

Brand new, one-of-a-kind Latin Line dancing! Like it's cousin (Western Line Dance) you don't need a partner to do Latin Line Dance. Simple routines based on cha-cha, salsa, merengue and samba that anyone can learn set to sizzling Latin rhythms. No class July 5.

Hall A Edison Community Center				Fox, Kaylaa	
4434.300	Adult	6/21-7/19	8:00pm-9:00pm	M	\$50
4434.301	Adult	7/26-8/16	8:00pm-9:00pm	M	\$50

DANCE: LINE DANCE INTRODUCTION

Interested in line dance but have never done it before? Looking for a refresher course because you haven't danced in a while? Then this is the class for you! 50 dance steps will be learned and practiced. The class will focus on building mind acuity, muscle and cardiovascular strength.

Rodgers Senior Center				Williams, Valerie	
4459.301	Adult	7/16-10/1	3:00pm-4:30pm	F	\$45

DANCE: LINE DANCE 1

Beginning dancers who have basic knowledge and experience in the basic steps of line dance are welcome to Level 1 which will go into more depth and require more concentration than Introduction. The dance moves will be faster, so come ready to dance!

Rodgers Senior Center				Williams, Valerie	
4460.301	Adult	7/14 - 9/29	2:45pm-4:15pm	W	\$45

DANCE: LINE DANCE 2

Learn more moves and dance to fun, fast music. This class is for intermediate/advanced students who want to challenge themselves to learn fun line dances at a much faster pace. It is recommended that participants take at least one session of Level 1.

Rodgers Senior Center				Williams, Valerie	
4461.301	Adult	7/14 - 9/29	1:00pm-2:30pm	W	\$45

DANCE: POLYNESIAN INTERMEDIATE

Aloha! By popular demand, we have added this continuation class for students that have completed the beginners' class. Just as much fun as the beginners' class, the art of Hawaiian Hula and Tahitian dance fills quickly. Pre-registration is required.

Art Center Multipurpose				Seanoa, Melody	
4334.301	13yrs to Adult	6/22-7/27	7:00pm-8:00pm	Tu	\$65 *
4334.302	13yrs to Adult	8/03-8/24	7:00pm-8:00pm	Tu	\$45 **
* \$55 HBAC members				** \$35 HBAC members	

DANCE: SALSA

Salsa, the hot and spicy dance, lets you move to the Latin rhythms in today's club and party scene. Meet people, socialize and learn great patterns and moves. No partner necessary.

Murdy Community Center Hall A				Fox, Kaylaa	
4335.300	Adult	6/24-7/15	7:00pm-8:00pm	Th	\$50
4335.301	Adult	7/22-8/12	7:00pm-8:00pm	Th	\$50

DANCE: SALSA INTERMEDIATE

Fun, great nightclub dance patterns make Salsa Intermediate the one-of-a-kind class you just have to take. Now you can socialize on the dance floor to fantastic salsa music. No partner necessary.

Murdy Community Center Hall A				Fox, Kaylaa	
4337.300	Adult	6/24-7/15	8:00pm-9:00pm	Th	\$50
4337.301	Adult	7/22-8/12	8:00pm-9:00pm	Th	\$50

DANCE: STREET DANCIN'

Work your body while having fun in this high energy dance workout! Hottest pop and hip-hop beats blast through D.J sound system. Colored lights create atmosphere when dark enough. (Tennis or jazz shoes, clothes you can move and stretch in).

City Gym Room A				Harrington-Dewe, Cyndi	
4338.302	12yrs to Adult	7/14-8/18	6:30pm-7:30pm	W	\$53
4338.301	12yrs to Adult	7/12-8/16	7:45pm-8:45pm	M	\$53

DANCE: STREET DANCIN' PLUS

For developmentally delayed teens/ young adults, this variation of "Street Dancin'" includes variety of dance styles/ music, also incorporated: self-esteem boosting exercises, musical games, karaoke singing fun, sign language to music. Each session varies depending on interest/ circumstance. Parents of new students, please stay and observe first day to determine if your supervision is required.

City Gym Room A				Harrington-Dewe, Cyndi	
4427.301	12yrs to Adult	7/14-8/18	5:00pm-6:00pm	W	\$53

DANCE: SWING BASICS

Murdy Community Center Hall C&D Fox, Kaylaa
The easiest of the swing styles of dance is East Coast swing. You'll get onto the dance floor quickly to amuse yourself and amaze your family and friends! Never the same class twice. No partner necessary. See why this joint is jumping!

4339.300	Adult	6/24-7/22	8:15pm-9:15pm	Th	\$50
4339.301	Adult	7/29-8/26	8:15pm-9:15pm	Th	\$50

DANCE: SWING INTERMEDIATE

Combine and expand on your basic swing skills. Move beyond the basics to explore Lindy hop, West Coast and Charleston rhythms that will make your dancing more enjoyable. Never the same class twice, and no partner necessary.

Murdy Community Center Hall C&D				Fox, Kaylaa	
4340.300	Adult	6/24-7/22	6:15pm-7:15pm	Th	\$50
4340.301	Adult	7/29-8/26	6:15pm-7:15pm	Th	\$50

Adult-Teen Classes

DANCE: SWING ADVANCED

Move way beyond the basics with 4, 6, 8, and extended advanced swing rhythms that will challenge you and make you shine on the dance floor. Never the same class twice, and no partner necessary.

Murdy Community Center Hall C&D Fox, Kaylaa
 4341.300 Adult 6/24-7/22 7:15pm-8:15pm Th \$50
 4341.301 Adult 7/29-8/26 7:15pm-8:15pm Th \$50

DANCE: TAP ADULTS AND SENIORS BEGINNING

Learn all the tap basics and get some exercise the fun way! New friends, great music and a beginner routine will make this class fun. Tap shoes optional. Some tap knowledge required. No class July 5.

Rodgers Senior Center Hall D Roseth, Renee
 4342.301 Adult 6/21-8/30 6:00pm-7:00pm M \$125
 4342.302 Adult 6/23-9/01 2:00pm-3:00pm W \$125
 4342.303 Adult 6/24-9/02 6:00pm-7:00pm Th \$125

DANCE: TAP ADULTS AND SENIORS INTERMEDIATE

Sharpen your technique and learn some great dances! Focus will be on rhythm and performance skills. Prerequisite: Basic tap knowledge.

Rodgers Senior Center Hall D Roseth, Renee
 4343.301 Adult 6/22-8/31 6:00pm-7:00pm Tu \$125
 4343.302 Adult 6/23-9/01 3:00pm-4:00pm W \$125

DOG TRAINING: AKC CANINE GOOD CITIZEN CERTIFICATE

If your dog knows and obeys basic obedience commands, and is relaxed and friendly around other dogs and people, then he is a good candidate for this American Kennel Club sponsored program. Please call (714) 532-3647 if you'd like a list of the 10 skills tested. Bring dogs with current vaccination record to first meeting.

Patio Edison Community Center HHCC Staff
 4344.300 9yrs to Adult 8/03-8/10 8:30pm-9:30pm Tu \$25

DOG TRAINING: CALLING ALL FRISBEE DOGS

Here's your chance to spend an afternoon learning the basics of Canine Frisbee from a top competitor, David Procida. Some previous on-leash obedience work is highly recommended. Please bring dog with current vaccination records, water, a lawn chair. \$5 material fee due at first class (includes a Frisbee). Pre-registration is required.

Dog Park HHCC Staff
 4347.301 15yrs to Adult 7/25 9:00am-12:00pm Su \$42

DOG TRAINING: CRASH COURSE IN CANINE MANNERS

Accomplish your training goals and get behavior problems under control within a limited period of time. For dogs 5 months or older; vaccinations must be current. Pre-registered students will be contacted regarding what to bring to the first class meeting. Bring dogs to all meetings.

Murdy Community Center Patio HHCC Staff
 4352.300 9yrs to Adult 7/26-8/16 6:00pm-7:20pm M \$74

DOG TRAINING: DOG OBEDIENCE BEGINNING

For dogs six months and older. Handlers ages 9 years to adult. Course includes all novice obedience commands, intro to off-leash and long distance techniques, and pointers on correcting bad habits such as destructive chewing, hole digging, etc. Trophies and certificates awarded. First meeting held without dogs.

Murdy Community Center Patio HHCC Staff
 4345.300 9yrs to Adult 7/01-8/19 7:00pm-8:00pm Th \$82

Game Room Edison Community Center HHCC Staff
 4346.300 9yrs to Adult 6/22-8/10 7:30pm-8:30pm Tu \$82
 4346.301 9yrs to Adult 7/07-8/25 6:00pm-7:00pm W \$82

DOG TRAINING: FLYBALL BEGINNING

Flyball is a fast paced sport for dogs that involves running, jumping and retrieving a ball. A fun, positive way to play with and exercise your dog. Dogs must be at least 6 months old, in good physical condition, well socialized and have a fairly reliable "come when called." First class held without dogs.

Central Park East, Haney, Katherine
 next to Dog Park at Edwards
 4421.301 Adult 6/22-8/10 6:30pm-7:30pm Tu \$83

DOG TRAINING: IN HOME

A private, one-on-one training course in the privacy of your home. A trainer with Hacienda Hills Obedience Club will be scheduled to meet with you for three one-hour lessons, at a time convenient to your busy schedule. Includes basic obedience commands and personalized help with correcting bad habits. This class is for dogs 2 months to 7 years old.

To be arranged HHCC Staff
 4348.301 2mths to Adult \$235

DOG TRAINING: PUPPY KINDERGARTEN

Young pups between two and five months old will learn to get along with each other socially. Basic commands such as heel, sit, stay, come and down will be introduced. Discussions on dog care topics and behavior problems are included. First meeting held without dogs.

Game Room Edison Community Center Dog Services, Patti Thurner
 4349.300 9yrs to Adult 6/22-7/27 6:30pm-7:30pm Tu \$71

Murdy Community Center Dog Services, Patti Thurner
 4350.300 9yrs to Adult 7/01-8/05 8:00pm-9:00pm Th \$71

DOG TRAINING: REFRESHER AND DRILL WORKSHOP

If your dog has been through a basic obedience course and needs a refresher class, this course offers five weeks of intensive practice and drill on all your novice obedience exercises! A good practice course for anyone preparing to take the A.K.C. Good Citizen certification test. Bring dog with training equipment to all meetings.

Murdy Community Center Dog Services, Patti Thurner
 4351.300 9yrs to Adult 7/15-8/12 6:00pm-7:00pm Th \$66

FENCING: BEGINNING

Learn fencing, the ancient art of nobility and one of the four original Olympic events. Students will learn basic footwork, attacks, defense, and strategy. Bring tennis shoes and comfortable clothes. *Protective mask, jacket and foil will be provided for \$10, payable at first class.

Murdy Community Center Hall A Orange Coast, Fencing
 4354.300 14yrs to Adult 6/23-7/14 7:15pm-8:15pm W \$45
 4354.301 14yrs to Adult 7/21-8/11 7:15pm-8:15pm W \$45

Register Online!
www.hbsands.org

Adult-Teen Classes

FENCING: INTERMEDIATE

Take your skills to the next level! This class introduces more attacks, defenses and improves your footwork.

Murdy Community Center Hall A Orange Coast, Fencing
4355.300 14yrs to Adult 6/23-7/14 8:15pm-9:15pm W \$45
4355.301 14yrs to Adult 7/21-8/11 8:15pm-9:15pm W \$45

FITNESS: FAMILY MARTIAL ARTS

Enjoy working out and getting healthier together with all family members. Ancient art of Korean Tang Soo Do is a traditional art with a 2000 year legacy. Minimum one adult and one child per family unit. \$75 up to 3 family members, \$4 per extra for Tuesday or Thursday class. \$95 fee up to 3 family members, \$5 per extra for Tuesday AND Thursday class.

Rodgers Senior Center Hall B Cardinal, Frances
4386.301 3yrs to Adult 6/22-8/31 5:00pm-6:00pm Tu \$75
4386.302 3yrs to Adult 6/24-9/02 5:00pm-6:00pm Tu Th \$75
4386.303 3yrs to Adult 6/22-9/02 5:00pm-6:00pm Tu Th \$95

FITNESS: WEEKEND WARRIORS MARTIAL ARTS

Enjoy getting together, working out and getting healthier, with family and friends. Students will be introduced to the basics of the traditional art of Tang Soo Do. Blocks, punches, kicks forms, and self defense will be featured. Each group must have at least one adult. \$75 fee up to 3 participants, \$5 for each additional person.

Rodgers Senior Center Hall A Cardinal, Frances
4447.301 3yrs to Adult 6/26-8/28 9:30am-11:30am Sa \$75

FITNESS: BALLET BOOTCAMP

You will strengthen and stretch muscles channeling your inner ballet body. Join other ballet beginners in this fun way to burn calories, strengthen and tone muscles and improve posture and alignment. Wear comfortable clothing and aerobic shoes. Bring a mat or towel.

Hall B Edison Community Center Huntington Academy of Dance
4453.300 13yrs to Adult 7/07-8/11 7:00pm-8:00pm W \$55

FITNESS: BODYWORKS + ABS™

BodyWorks + Abs™ uses dumbbells, bands and other methods of resistance training to help promote lean muscle, balance, strength and endurance. You will work the entire body and finish with an abdominal workout and stretch. Bring hand weights, mat & water. For more info, visit www.ocbodybusiness.com

Hall B Edison Community Center Body Business™
4448.300 18yrs to 60yrs 6/22-7/20 7:30pm-8:30pm Tu \$65
4448.301 18yrs to 60yrs 8/03-8/31 7:30pm-8:30pm Tu \$65

FITNESS: BOOT CAMP BASICS

Get back to basics with this Intro to Boot Camp Workout. This class offers the same great exercises as traditional Boot Camp taken at a slower pace perfect for the beginner. All levels of fitness welcome. Compete only against yourself.

Hall C&D Edison Community Center Fitness Specialties
4357.300 13yrs to Adult 6/24-8/26 6:15pm-7:15pm Th \$66

FITNESS: BOOT CAMP WORKOUT

Fun and energizing exercise class. A short running session followed by sit-ups, push-ups, and light weights. Everything for a full-body workout. All levels of fitness welcome. Compete only against yourself.

Hall A Edison Community Center Fitness Specialties
4358.300 13yrs to Adult 6/22-8/24 5:45pm-6:45pm Tu \$66

FITNESS: CARDIO BOOT CAMP

Cardio Boot Camp is a high-energy, outdoor, circuit training class. Burn calories, meet new people, increase lean muscle mass, improve overall fitness, and lose body fat. Cardio Boot Camp is designed for the beginner-to-intermediate level exercisers. Bring good running shoes, a mat, light hand weights, and water. For more info, visit www.ocbodybusiness.com

Murdy Community Center Body Business
4416.300 18yrs to 60yrs 6/21-7/23 5:30am-6:30am M W F \$149
4416.301 18yrs to 60yrs 8/02-9/03 5:30am-6:30am M W F \$149

Edison Community Center Body Business
4419.300 18yrs to 60yrs 6/21-7/23 5:30am-6:30am M W F \$149
4419.301 18yrs to 60yrs 8/02-9/03 5:30am-6:30am M W F \$149

BODY BUSINESS

Picnic #1 Edison Community Center
4419.300 18yrs to 60yrs 6/21-7/23 5:30am-6:30am M-F \$189
4419.301 18yrs to 60yrs 8/02-9/03 5:30am-6:30am M-F \$189

FITNESS: CARDIO BOOT CAMP BLAST™

Cardio Boot Camp Blast is a one day, indoor version of our high-energy circuit training class. Burn calories, increase lean muscle mass, improve overall fitness and lose body fat. Cardio Boot Camp is designed for the beginner-to-intermediate level exercisers. Bring running shoes, a mat, light hand weights and water. For more info, visit www.ocbodybusiness.com

City Gym Gymnasium Body Business
4432.301 18yrs to 60yrs 6/24-7/22 8:00am-9:00am Th \$65
4432.302 18yrs to 60yrs 8/05-9/02 8:00am-9:00am Th \$65

FITNESS: CARDIO HIP HOP

Get in shape the fun way – dance away those unwanted pounds with cardio hip hop! With high energy and heart-pumping music, you will raise your heartbeat as well as the roof! Join other hip hop beginners in this fast and fun workout! Wear comfortable clothing and aerobic shoes. Bring a mat or towel.

Hall B Edison Community Center Huntington Academy of Dance
4452.300 13yrs to Adult 7/07-8/11 6:00pm-7:00pm W \$55

FITNESS: CORE STRENGTH TRAINING

Core Strength Training is an indoor group class that combines a full body workout with a focus on your core. A stability ball is used to tighten your core, improve balance and muscular strength. Bring a mat, stability ball and water. No class July 5. For more info, visit www.ocbodybusiness.com

City Gym Room B Body Business
4431.301 18yrs to 60yrs 6/21-7/26 9:00am-10:00am M \$65
4431.302 18yrs to 60yrs 8/2-8/30 9:00am-10:00am M \$65

Murdy Community Center Hall B Body Business
4425.300 18yrs to 60yrs 6/23-7/21 7:30pm-8:30pm W \$65
4425.301 18yrs to 60yrs 8/04-9/01 7:30pm-8:30pm W \$65

FITNESS: FIRING FOR HIPS AND THIGHS

Target your hips and thighs with the latest equipment and techniques, different sizes of hand weights and resistance bands. Exercises are safe and emphasize injury prevention working all muscle groups for a total body workout. Bring mat. *Take Firming Hips and Step together and save.

Murdy Community Center Hall A Fitness Specialties
4363.300 13yrs to Adult 6/21-8/27 8:30am-9:15am M W F \$96
4424.300* 13yrs to Adult 6/21-8/27 8:30am-10:00am M W F \$119

Adult-Teen Classes

FITNESS: JAZZERCISE

This jazz dance exercise class is a total body-conditioning program based on simple dance movements and a follow-the-leader class structure. Class is co-ed. Please bring a towel or mat to class. Class times are M,W,F 9:00-10:05am; TTH 6:00-7:05pm; Sat 7:45-8:45am; walk-ins welcome, \$10. Registration is accepted in person at any time. No class Monday July 5.

City Gym Gymnasium		Wilker, Mary	
4364.301	13yrs to Adult	Monthly Pass	\$40
4364.302	13yrs to Adult	10 Classes	\$55
4364.303	13yrs to Adult	4 Classes	\$25

FITNESS: KICKBOXING-BEGINNING

For the beginner. This introductory class, taught by a black belt instructor, concentrates on correct form, proper movement and safety issues to help prevent injuries. It is perfect for someone interested in a new form of exercise. Punching bags and hand mitts provided.

Hall A Edison Community Center		Fitness Specialties	
4362.300	13yrs to Adult	6/22-8/24	7:00pm-7:45pm Tu \$66

FITNESS: KICKBOXING AEROBICS

Murphy Community Center Hall A Fitness Specialties
Shape up with a black belt instructor who makes the popular karate kick boxing exercise fun for all levels. Easy to follow punches, kicks, elbow strikes and more. After a warm-up, stretch and aerobic segment, students have fun punching a bag. This workout burns twice the calories of a typical aerobic class.

4360.300	13yrs to Adult	6/22-8/24	7:15pm-8:15pm Tu \$66
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FITNESS: KICKBOXING BODY CONDITIONING BOOT CAMP

Combine the fun upbeat moves of kickboxing with a focus on conditioning for a complete full body workout. Students of every level will follow a kickboxing aerobic segment and have fun punching a bag. Add light weights, sit-ups, push-ups and more and you've got the ultimate kickboxing body conditioning workout.

Hall C&D Edison Community Center		Fitness Specialties	
4359.300	13yrs to Adult	6/24-8/26	7:15pm-8:00pm Th \$66
4359.301	13yrs to Adult	6/23-8/25	8:00pm-8:45pm W \$66

FITNESS: PILATES MAT CLASS

Tone and strengthen your abs, back, thighs and arms. This is a rejuvenating class that will combat those trouble zones. Pilates will also improve flexibility, posture, coordination and body awareness. We incorporate exercise balls and thera-bands. Great for all levels and abilities. Bring an exercise mat. No class July 5.

Hall B Edison Community Center		HB Pilates, Bronwen Finta	
4365.300	Adult	6/21-8/16	6:30pm-7:30pm M \$88
4365.301	Adult	6/22-8/10	9:00am-10:00am Tu \$88

City Gym Room B		HB Pilates, Bronwen Finta	
4366.301	Adult	6/23-8/11	9:00am-10:00am W \$88
4366.302	Adult	6/24-8/12	6:00pm-7:00pm Th \$88

FITNESS: SLIM & TRIM BY GEORGIA

Fun with low-impact aerobics, simple dance steps, slow stretching, lively floor routines, firming and toning, and relaxing lower back exercises done to a variety of music styles. See you in class. Bring a mat. No class on July 5

Hall A Edison Community Center		Spidle, Georgia	
4367.300	13yrs to Adult	6/21-9/03	9:00am-10:00am M W F \$75

Murphy Community Center Hall A		Spidle, Georgia	
4368.300	13yrs to Adult	6/22-9/02	9:00am-10:00am Tu Th \$70

FITNESS: STEP N BOOT CAMP

Fun, easy fast pace drills, step combinations, and low impact moves to burn calories. Hand weights and steps provided for an effective, energizing workout.

Hall A Edison Community Center		Fitness Specialties	
4369.300	13yrs to Adult	6/22-8/26	8:45am-9:45am Tu Th \$79

FITNESS: STEP TRAINING-STEP, WEIGHTS, FLOOR & MORE

It's sweeping the country! Research proves step aerobics are high calorie burning and less stress on ankles and joints than low-impact aerobics. Steps range from 4-10 inches accommodating beginner through advanced. Fun and motivating followed with light weights for total workout. No class on July 5

Hall A Edison Community Center		Fitness Specialties	
4371.300	13yrs to Adult	6/21-8/27	5:15pm-6:15pm M W F \$103
4371.301	13yrs to Adult	6/26-8/14	8:30am-9:30am Sa \$42

FITNESS: STEPPING FOR THE HEART

This class raises your heart rate by stepping up and down 4 - 10 inch steps. It is easy to follow safe exercises, and effectively burns fat while strengthening your heart. Different size steps are provided for beginners through advanced levels. *Take both Step and Firming Hips classes together and save!

Murphy Community Center Hall A		Fitness Specialties	
4370.300	13yrs to Adult	6/21-8/27	9:15am-10:00am M W F \$96
4424.300*	13yrs to Adult	6/21-8/27	8:30am-10:00am M W F \$119

FITNESS: TOTAL BODY STRETCH

Everyone, regardless of age or fitness level, can benefit from stretching on a regular basis. Stretching improves posture and circulation, helps you become more limber and relaxed and can even prevent injuries. Bring an exercise mat and a towel and prepare to stretch, relax, and renew. No class July 5 or August 2.

Rodgers Senior Center Hall A & B		Paul, Sue	
4372.301	Adult	6/21-8/30	5:30pm-6:30pm M \$58

FITNESS: TRX- TOTAL BODY-RESISTANCE TRAINING

Change, improve, challenge your body. Train like the pros and Olympians. Long lasting result for strength, balance, flexibility and endurance. Works your whole body through all angles and planes of movement. Safe and very effective for any level. Instructor is TRX certified.

City Gym Gymnasium		Flowers, Erik	
4454.301	13yrs to 65yrs	6/25-7/23	7:50am-8:30am F \$80
4454.302	13yrs to 65yrs	7/30-8/27	7:50am-8:30am F \$80

FITNESS: ZUMBA

It's different! Fun! Effective! Zumba's body sculpting moves and engaging dance steps are set to a fabulous fusion of Latin and International music. Cha-cha, mambo, rock-n-roll and belly dance your way to fitness in this exciting class of calorie-burning, body-energizing fun. Ditch the workout- Join the party. <http://www.sockhopfitness.com/zumba.html>

City Gym Room A		Foreman, Jill	
4433.301	16yrs to 60yrs	6/22-8/24	5:45pm-6:35pm Tu \$65

Hall A Edison Community Center		Foreman, Jill	
4446.300	16yrs to Adult	6/23-8/25	6:45pm-7:45pm W \$69

Adult-Teen Classes

FREE YOUR MIND

Happier! Healthier! Wiser! Practical! SIMPLE METHOD with tools reducing stress, allowing us to live NOW!! Release thoughts and feelings that cause anxiety, tension, grief, depression, fear, anger, etc. Please be prompt, bring notebook and pen.

Rodgers Senior Center Hall C Caldwell, Sunny
4375.301 Adult 7/08-7/29 6:30pm-8:00pm Th \$35

GOLF: GROUP LESSONS BEGINNING

Enjoy the game for a lifetime. Learn the basic fundamentals involved in short game, full swing, understanding basic rules and etiquette. Classes taught at Meadowlark Golf Course, 16782 Graham St., by P.G.A. professionals. Equipment available. Classes limited to 12 students. Class Taught by Darren Ernst.

Meadowlark Golf Course Alliance Golf Staff
4377.301 17yrs to Adult 6/24-7/15 6:00pm-7:30pm Th \$125
4377.302 17yrs to Adult 8/05-8/26 6:00pm-7:30pm Th \$125
4377.303 17yrs to Adult 6/26-7/17 10:00am-11:30am Sa \$125
4377.304 17yrs to Adult 8/07-8/28 10:00am-11:30am Sa \$125
4377.305 17yrs to Adult 7/28-8/18 11:00am-12:30pm W \$125

HEALTHY AND FIT LIFESTYLE CLASS

Eat Your Way Back to Healthy! This class will teach you how to create your own nutritional meal plan and how to utilize it in daily life to reach your health and fitness goals. Learn tips and tricks from the health and fitness industry to maximize results. Let's Get Fit! Class is taught at Harbour View Clubhouse, 16600 Saybrook Ln.

Harbour View Clubhouse King, Sara
4457.301 Adult 6/23-7/21 6:30pm-8:00pm W \$99
4457.302 Adult 7/28-8/25 6:30pm-8:00pm W \$99

KARATE

Develop coordination, improve balance, and achieve total fitness and self-defense while increasing self-confidence. Uniforms will be available for purchase from instructor. No class Monday, July 5.

City Gym Room B Tillehkooh, Kiavash
4381.301 13yrs to Adult 6/21-8/30 7:15pm-8:00pm M \$88
4381.302 13yrs to Adult 6/22-8/31 7:15pm-8:00pm Tu \$96
4381.303 13yrs to Adult 6/23-9/01 7:15pm-8:00pm W \$96
4381.304 13yrs to Adult 6/24-9/02 7:15pm-8:00pm Th \$96

KARATE: PRACTICAL MARTIAL ARTS

Learn some of Korea's elite martial arts. Self defense, joint manipulations, grappling, kickboxing and weapons. Great for developing discipline, confidence and respect. Very traditional martial arts with a modern approach to the curriculum.

Murdy Community Center Hall B Betance, Justin
4441.300 16yrs to Adult 6/24-8/26 7:30pm-8:30pm Th \$155
9:15am-10:00am Sa

KARATE: TRADITIONAL JAPANESE KARATE-DO

Learn traditional karate. Improve your physical fitness and balance. Come and learn basic Japanese commands and counting, meditation, self-defense, and how to spar correctly. This class is ongoing and progressive. Uniforms and equipment are available for purchase from instructor.

Hall A Edison Community Center Wadoryu USA Inc, Shoji Nishimura
4383.300 13yrs to Adult 6/24-9/02 7:30pm-8:45pm Th \$104

KARATE: WOMEN'S KARATE AND KICKBOXING

Women helping women in a positive, casual environment. Taught by a woman black belt instructor. Students learn at their own pace, having the option to test for belt advancement. Gain strength and self confidence while having fun!

Murdy Community Center Hall B Fitness Specialties
4382.300 13yrs to Adult 6/22-8/24 6:45pm-7:30pm Tu \$66
4382.301 13yrs to Adult 6/23-8/25 6:00pm-7:00pm W \$66

MARTIAL ARTS FOR ADULTS

Students will be introduced to the basics of Tang Soo Do Karate. Basic blocks, kicks, punches, and forms will be featured. One class per week, \$75 fee up to 3 family members, \$4 per extra; two classes per week, \$110 fee up to 3 family members, \$5 per extra.

Rodgers Senior Center Hall B Cardinal, Frances
4385.301 Adult 6/22-8/31 6:00pm-7:30pm Tu \$75
4385.302 Adult 6/24-9/02 6:00pm-7:30pm Th \$75
4385.303 Adult 6/22-9/02 6:00pm-7:30pm Tu Th \$110

MUSIC: ROCKSTAR GUITAR ADULT I

Rockstars Music Studios Rockstars, Music Studios
Enough "Air Guitar" already! It's time to start learning how to play the music you grew up listening to. This beginners only class will teach you rhythm and lead guitar. Learn chords, scales, and theory. Also, learn how to recognize patterns when listening to music. Class will be held at Rockstars Music Studios, 18582 Beach Bl #214. No class August 21.

4387.301 13yrs to Adult 7/10-7/31 9:30am-10:00am Sa \$65
4387.302 13yrs to Adult 8/07-9/04 9:30am-10:00am Sa \$65

MUSIC: ROCKSTAR PRIVATE LESSONS

Rockstars Music Studios Rockstars, Music Studios
Learn guitar, piano, or drums at your own pace on your own time. Rockstars Private Lessons are scheduled one on one lessons that meet based on student and teacher schedules. This 4 session class is a great way to get your music career moving. Class will be held at Rockstars Music Studios, 18582 Beach Bl. #212.

4388.301 Adult TBA \$130

QIGONG (CHINESE YOGA)

Esteemed by the Chinese for thousands of years for illness prevention and therapeutic benefit, this easy-to-learn practice includes gentle movements to promote flexibility and tone, breathing methods to calm. All activity is done standing or sitting in a chair. Instructor has a Qigong Master teaching credential.

Hall B Edison Community Center Walker, Don
4449.300 Adult 6/22-8/03 1:00pm-2:15pm Tu \$49

SKATING: ICE ADULTS

Learn to skate across the ice forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class, and three additional skating passes to be used during the 4-week session. No class July 7. Class is taught at Westminster ICE.

Westminster ICE, 13071 Springdale, Westminster Ice Mgmt LLC, Westminster
4436.301 17yrs to Adult 6/30-7/28 6:45pm-7:15pm W \$35
4436.302 17yrs to Adult 8/04-8/25 6:45pm-7:15pm W \$35

Register Online!
www.hbsands.org

Adult-Teen Classes

SKATING: ICE HOCKEY SKILLS

Learn basic skating skills necessary for hockey including forward and backward skating, stopping, and turning. Pucks and sticks are not used during this class. Includes skate rental, 30-minute lesson, free practice on day of class, and three additional skating passes to be used during the 4-week session. No class July 7.

Westminster ICE, 13071 Springdale, Westminster			Ice Mgmt LLC, Westminster		
4437.301	6yrs to 16yrs	6/30-7/28	5:30pm-6:00pm	W	\$35
4437.302	6yrs to 16yrs	7/10-7/31	10:45am-11:15am	Sa	\$35
4437.303	6yrs to 16yrs	8/04-8/25	5:30pm-6:00pm	W	\$35
4437.304	6yrs to 16yrs	8/07-8/28	10:45am-11:15am	Sa	\$35

SKATING: OC ROLLERS

This beginning roller skating class is a fun way to be physically fit while having fun. Instructed by OC Roller Derby girl, Mia Roller, you will learn to skate forward, start, stop, skating on one foot and backwards skating. *Required: quad skates (No inlines or blades), helmet, knee pads, elbow pads & wrist guards.

Patio Edison Community Center			Parra, Elena		
4397.300	Adult	6/24-7/22	5:30pm-6:30pm	Th	\$60
4397.301	Adult	8/05-9/02	5:30pm-6:30pm	Th	\$60

SPANISH FOR FUN AND FOR LIFE BEGINNING

Using recipes for clear, concise communication without difficult verb conjugation, the student can easily express his message in Spanish. The class is packed with visuals, songs, rhymes, movement activities and games. Each student receives a CD, song book and color visuals for mastery of the current vocabulary.

Rodgers Senior Center Hall E			Blades, Murnez		
4399.301	Adult	7/08-8/26	3:00pm-4:00pm	Th	\$92

SPANISH FOR FUN AND FOREVER INTERMEDIATE

Building upon what they have learned in the previous sessions, the students continue using the recipe system and build upon it. They begin to learn a few of the finer points of communication and become more fluent.

Rodgers Senior Center Hall E			Blades, Murnez		
4400.301	Adult	7/08-8/26	4:15pm-5:15pm	Th	\$92

SPANISH FOR FUN AND FOREVER MEDICAL EXTENSION

Prescriptions for clear, concise communication without cumbersome verb conjugation, this system will enable medical personnel to diagnose and give direction to a Spanish speaking population effectively and courteously. Emergency questions for disaster situations include symptoms, allergies, medications, the past (history), last consumptions and events. Includes book & CD.

Rodgers Senior Center Hall E			Blades, Murnez		
4401.301	Adult	8/07-8/14	9:00am-12:00pm	Sa	\$75

SURFING LESSONS

Beach Service Center, South Side of Pier This beginning surf class stresses beach safety and fun while you learn the basics of paddling, catching and riding waves. Students must be able to swim and be at least 10 years of age. For more information go to hbsurfschool@yahoo.com

			Sharp, Bill		
4403.301	10yrs to Adult	7/10-7/25	9:00am-10:30am	Su Sa	\$180
4403.302	10yrs to Adult	8/14-8/29	9:00am-10:30am	Su Sa	\$180
4403.303	10yrs to Adult	9/11-9/26	9:00am-10:30am	Su Sa	\$180

SURFING LESSONS ABC

This class is open to ages 10 through adult. Our Basic ABC lesson provides you with the knowledge and skills you need to be up and riding by the end of the 1-1/2 hour lesson. Lessons are run by professional instructors. Equipment provided. For more information please contact hbsurfschool@yahoo.com.

Beach Service Center, South Side of Pier			Sharp, Bill		
4402.301	10yrs to Adult	7/03	9:00am-10:30am	Sa	\$75
4402.302	10yrs to Adult	7/17	9:00am-10:30am	Sa	\$75
4402.303	10yrs to Adult	7/24	9:00am-10:30am	Sa	\$75
4402.304	10yrs to Adult	8/21	9:00am-10:30am	Sa	\$75
4402.305	10yrs to Adult	8/22	9:00am-10:30am	Su	\$75
4402.306	10yrs to Adult	9/04	9:00am-10:30am	Sa	\$75
4402.307	10yrs to Adult	9/18	9:00am-10:30am	Sa	\$75

TAI CHI FOR HEALTH

Relax, balance, and revitalize your body, mind and life force. Not a martial art or religion. The graceful, flowing movements improve health by toning muscles, increasing flexibility and aligning the body through a systematic release of stress. Instructor has a Tai Chi Masters teaching credential. No class July 5.

Hall B Edison Community Center			Walker, Don		
4404.300	Adult	6/21-8/09	1:00pm-2:15pm	M	\$49

TAI CHI WALKING

First class is free. Increase the benefits of walking by including the mindful principles of the fluid, flowing movement of Tai Chi. You'll soon walk farther, faster, with less effort, and no injury while gathering vital life force. Class meets at Lake Park Clubhouse, 1035 11th Street.

Lake Park Clubhouse			Walker, Don		
4435.301	Adult	7/08-8/05	1:00pm-2:15pm	Th	\$46

WOMEN'S VOLLEYBALL

Tuesday mornings are for league play; on Thursdays, learn to bump, set, and spike while playing in a real game atmosphere.

City Gym Gymnasium			Kalama, Eleanor		
4409.301	18yrs to Adult	6/22-8/31	9:30am-12:45pm	Tu	\$49
4409.302	16yrs to Adult	6/24-9/02	9:30am-12:45pm	Th	\$49

YOGA FOR BEGINNERS

Learn to create balance with proper breathing techniques, body alignment/posture & restore flexibility in a specially designed yoga class. A traditional small class giving individual attention to the students. If you have a back problem, an okay from your doctor before trying yoga is advised. Bring a mat & blanket.

City Gym Room B			HelpYourHealth, RoxAnn Madera		
4458.301	Adult	6/26-7/31	10:30am-11:30am	Sa	\$70

YOGA FOR TEENS

A class designed for your specific age, explore the movement of the body while experiencing how good posture and proper breathing are a part of your everyday activities. Enhancing concentration in studies, flexibility, balance and strength in after school activities while having fun. Just bring a mat. No class July 5.

City Gym Room B			HelpYourHealth, RoxAnn Madera		
5256.301	12yrs to 15yrs	6/21-8/02	3:30pm-4:15pm	M	\$48

Parks & Recreation Programs
Stimulate new interests...
...the benefits are endless

Adult-Teen Classes

YOGA: EDISON COMMUNITY CENTER

Yoga unites body and mind to promote therapeutic health benefits. Practice may reduce blood pressure, stress and regulate nervous system. Avoid eating 2 hours prior to class. Wear comfortable clothing and bring a mat and towel or blanket. Instructor Diane Pavesic is a certified Yoga Therapist, RN, E-RYT-500. No class July 7.

Hall C&D Edison Community Center		Pavesic, Diane			
4411.300	Adult	6/23-8/18	4:30pm-5:30pm	W	\$58
4411.301	Adult	6/23-8/18	5:45pm-6:45pm	W	\$58
4411.303	Adult	6/23-8/18	8:15pm-9:15pm	W	\$58

YOGA: EDISON COMMUNITY CENTER – INTERMEDIATE

Yoga unites body and mind to promote therapeutic health benefits. Practice may reduce blood pressure, stress and regulate nervous system. Avoid eating 2 hours prior to class. Wear comfortable clothing and bring a mat and towel or blanket. Instructor Diane Pavesic is a certified Yoga Therapist, RN, E-RYT-500. No class July 7.

Hall C&D Edison Community Center		Pavesic, Diane			
4426.300	Adult	6/23-8/18	7:00pm-8:00pm	W	\$58

YOGA: HEALTHY, HAPPY BACK

Eighty percent of Americans either will or have experienced back problems. Learn to create balance with proper breathing techniques, body alignment/posture and restore flexibility. This class is designed to strengthen the core/back muscles. If undergoing treatment please consult your doctor before joining. Bring a mat and blanket.

City Gym Room B		HelpYourHealth, RoxAnn Madera			
4220.301	Adult	6/23-7/28	7:45am-8:45am	W	\$70

YOGA: MOMMY AND ME

Together, in your arms, on your tummy, resting or sleeping peacefully at your side. Uniting mind and body through breath with poses to bring strength, flexibility and calm, helping you get back in shape and maintain your body. For moms with babies, newborns to crawling. Please bring a mat, two blankets, additional props will be supplied.

City Gym Room B		HelpYourHealth, RoxAnn Madera			
4428.301	Adult	6/23-7/28	2:15pm-3:15pm	W	\$70

YOGA: MURDY COMMUNITY CENTER

Beneficial for both beginning and intermediate students. Yoga promotes a more flexible and stronger body, a deeper breath and a calmer mind with continued practice. Avoid eating two hours prior to class. Bring a mat and towel. Instructor is a certified yoga teacher and registered with Yoga Alliance. No class week of July 5 and August 9.

Murdy Community Center Hall A		King, Jacki			
4417.300	16yrs to Adult	6/21-8/30	6:00pm-7:00pm	M	\$66
4417.301	16yrs to Adult	6/21-8/30	7:15pm-8:15pm	M	\$66
4417.303	16yrs to Adult	6/23-8/18	4:00pm-5:00pm	W	\$52

Murdy Community Center Hall A			Holden, Susan		
No class July 6 and August 10					
4450.300	16yrs to Adult	6/22-8/31	5:30pm-6:45pm	Tu	\$66

Murdy Community Center Game Room			Carmichael, Yvonne		
No class July 7 and July 9					
4418.300	16yrs to Adult	6/23-8/25	10:30am-12:00pm	W	\$78
4418.301	16yrs to Adult	6/25-8/27	10:30am-12:00pm	F	\$78

YOGA: HAPPY HIPS/STRONG BACK

This class is sequenced to gently loosen the hips and strengthen the back, encouraging a more flexible body leading toward optimal health. Please do not eat two hours prior to class and bring a large mat and towel. If there are existing medical conditions, please check with your doctor before proceeding. Instructor is a certified yoga teacher and registered with Yoga Alliance. No class August 9.

Murdy Community Center Hall A		King, Jacki			
4440.300	Adult	7/12-8/16	4:45pm-5:45pm	M	\$48

YOGA: OFFICE

Give your body the care it needs without leaving your office building, to be done in your business attire without breaking a sweat. Get the calm, relaxed, 'inspired' state of mind that facilitates great decision making! No yoga experience necessary."

City Hall Room B7		HelpYourHealth, RoxAnn Madera			
4445.301	16yrs to Adult	6/23-7/28	12:00pm-12:30pm	W	\$54

YOGA: ON THE BEACH

Outdoor Hatha yoga class. A great way to start your weekend with deep breath and relaxing asanas. All levels welcome. Yoga is known for its calming and body beautifying effects. Please bring a yoga mat or towel. Asanas begin promptly at 9:00 AM.

Beach at Goldenwest		Stevenson, Sarah			
4414.301	Adult	6/26-9/04	9:00am-10:00am	M Sa	\$82

YOGA: PRENATAL

Pregnancy involves physiological and psychological changes. Learn to relax your whole body, relieve back pain, nausea, sleeping issues, provide focus and breathing techniques. Please bring a mat, three blankets and something to cover the eyes. Chairs, blocks and straps supplied.

City Gym Room B		HelpYourHealth, RoxAnn Madera			
4429.301	Adult	6/23-7/28	1:00pm-2:00pm	W	\$70

YOGA: RODGERS SENIOR CENTER

Yoga unites mind and body to promote therapeutic health benefits. Practice may reduce blood pressure, stress, and regulates nervous system. Avoid eating 2 hours prior to class. Wear comfortable clothing and bring mat and blanket. No class July 8. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, E-RYT-500.

Rodgers Senior Center Hall E		Pavesic, Diane			
4413.301	Adult	6/24-8/19	10:00am-11:00am	Th	\$58
4413.302	Adult	6/24-8/19	11:00am-12:00pm	Th	\$58

Parks & Recreation Programs

Energize...



...the benefits are endless